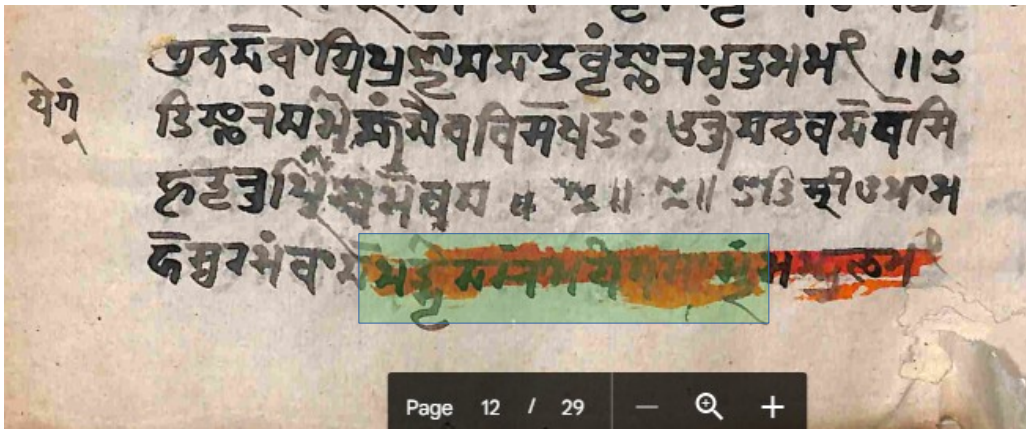
manu 4.pdf

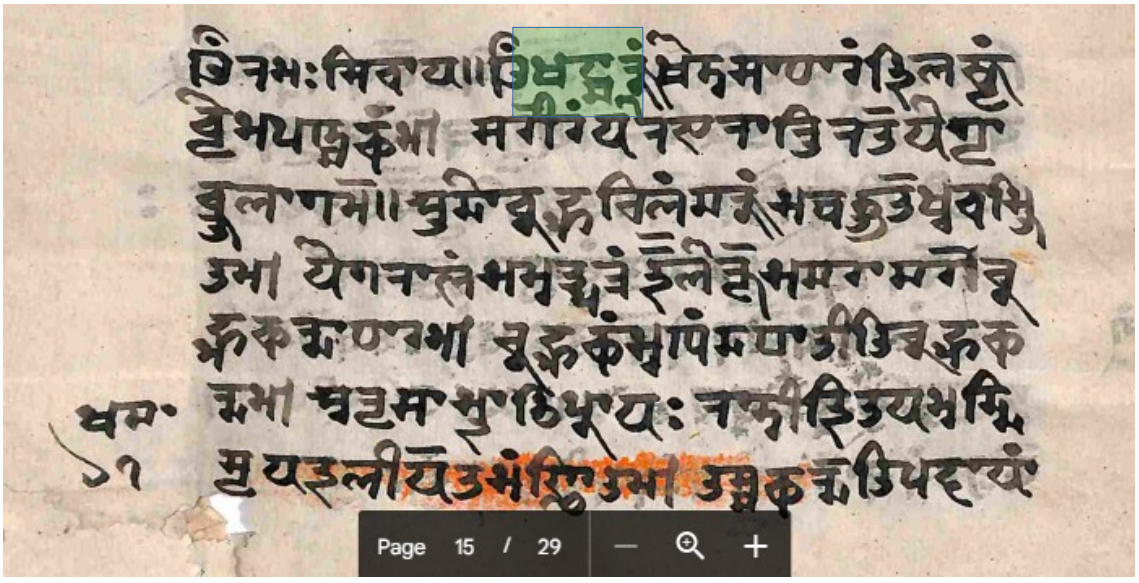
Title : Matsyodaram (मत्स्योदरम् -Yoga Shastram) -

Shat Chakram (षट्चक्रम् -Yoga Shastram)

Pages 1- 12 : Matsyodaram (मत्स्योदरम् - Yoga Shastram)



Pages 13- 29 : Shat Chakram (षट्चक्रम् - Yoga Shastram)



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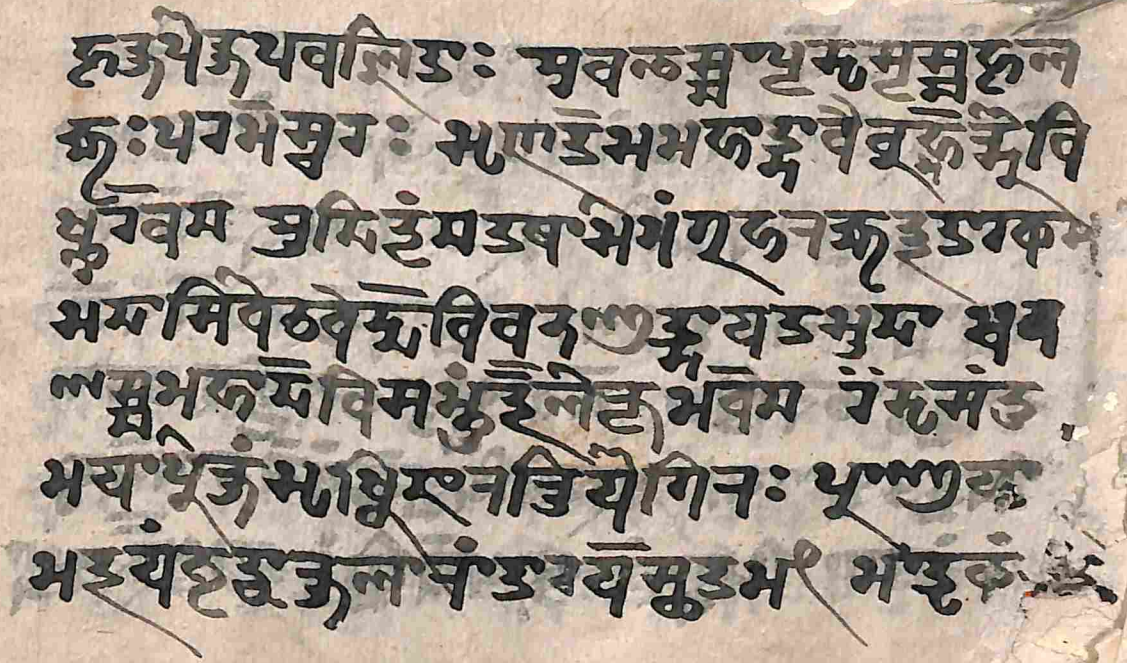

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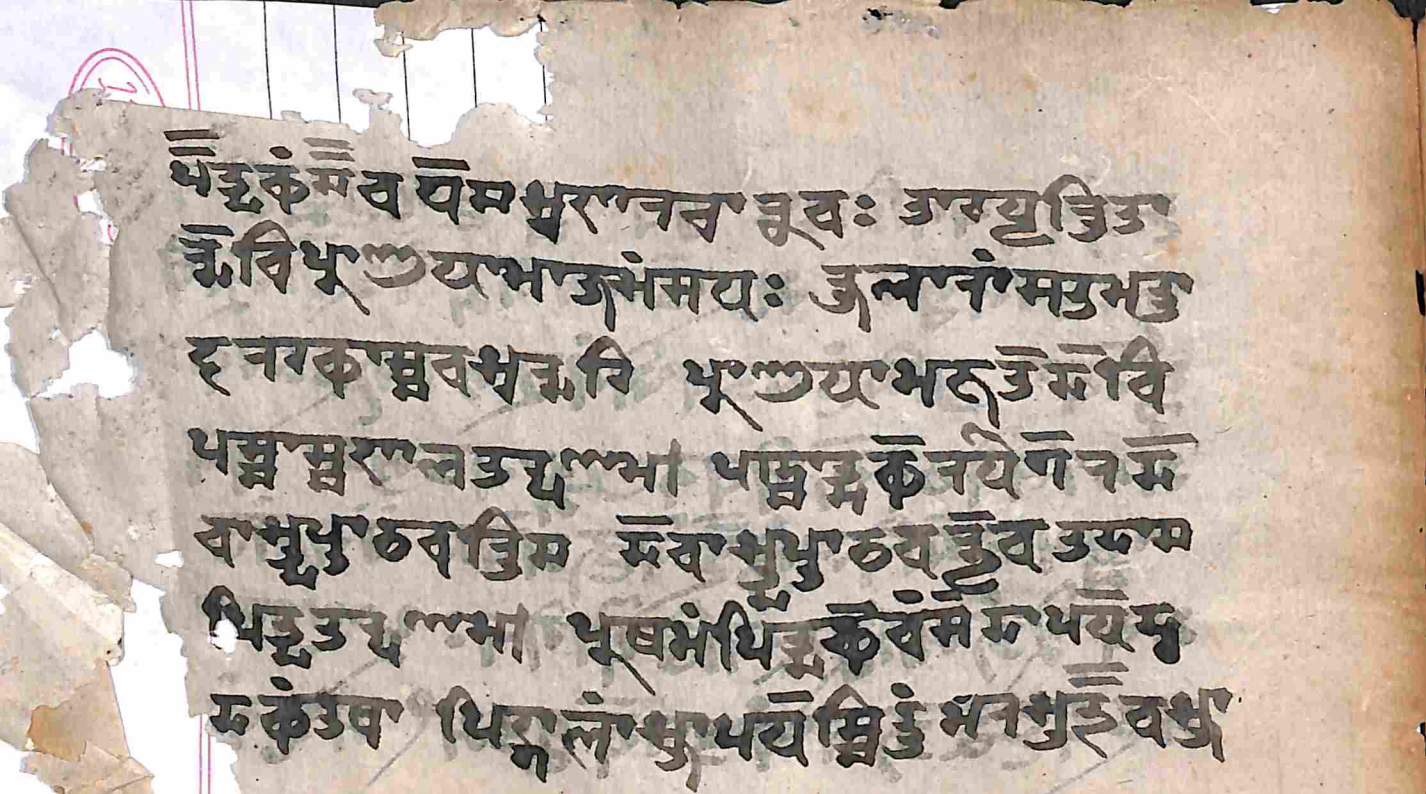

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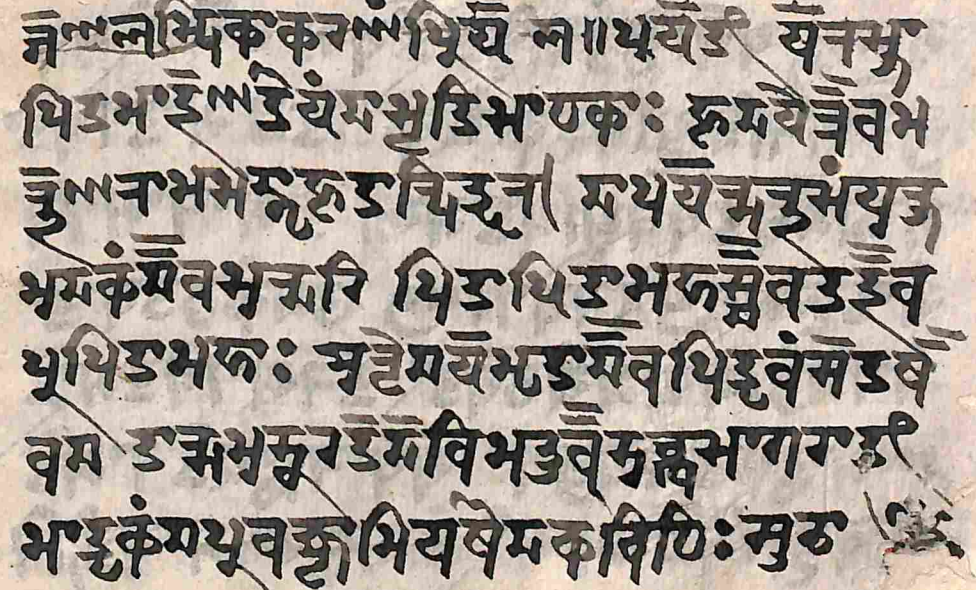

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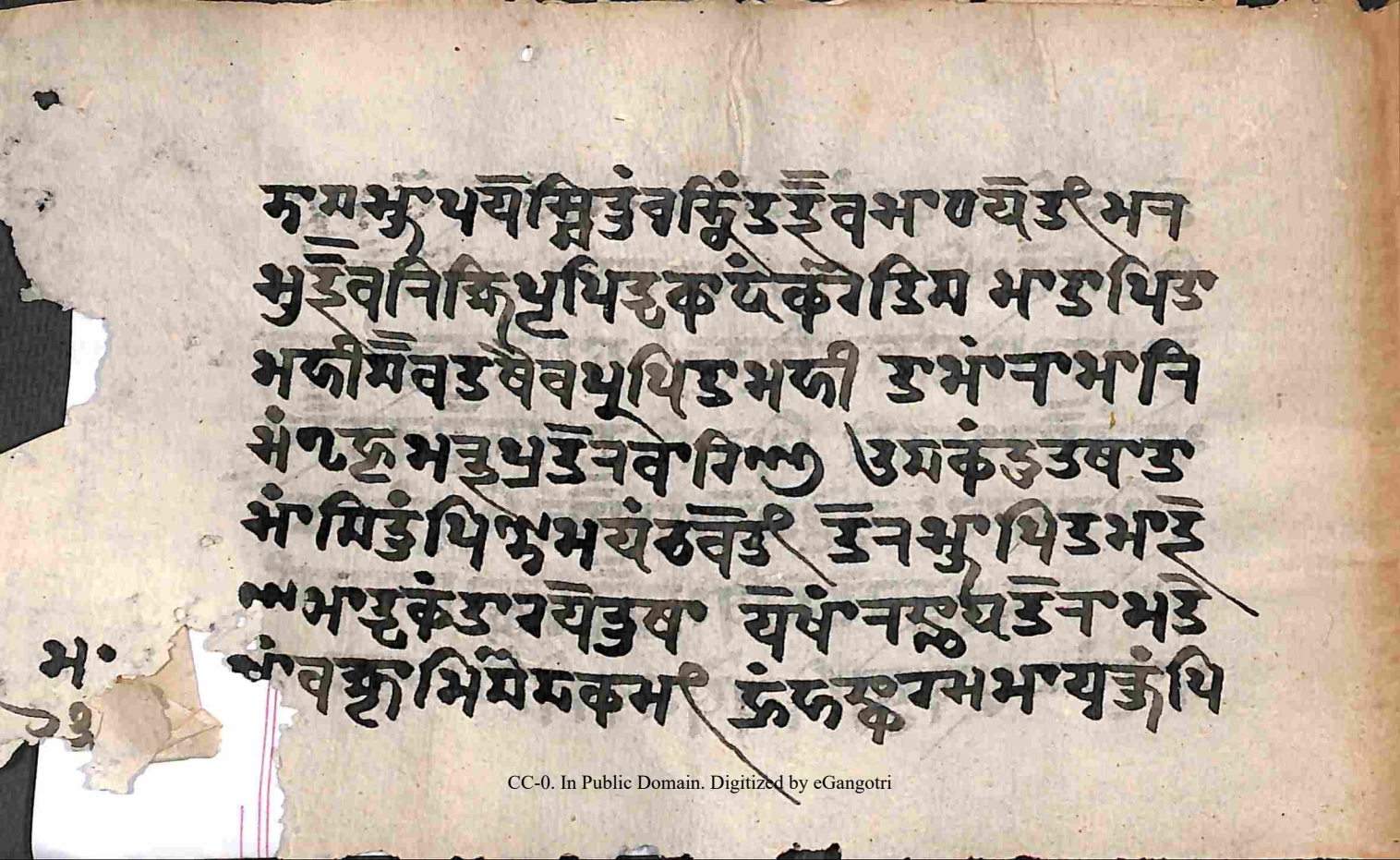

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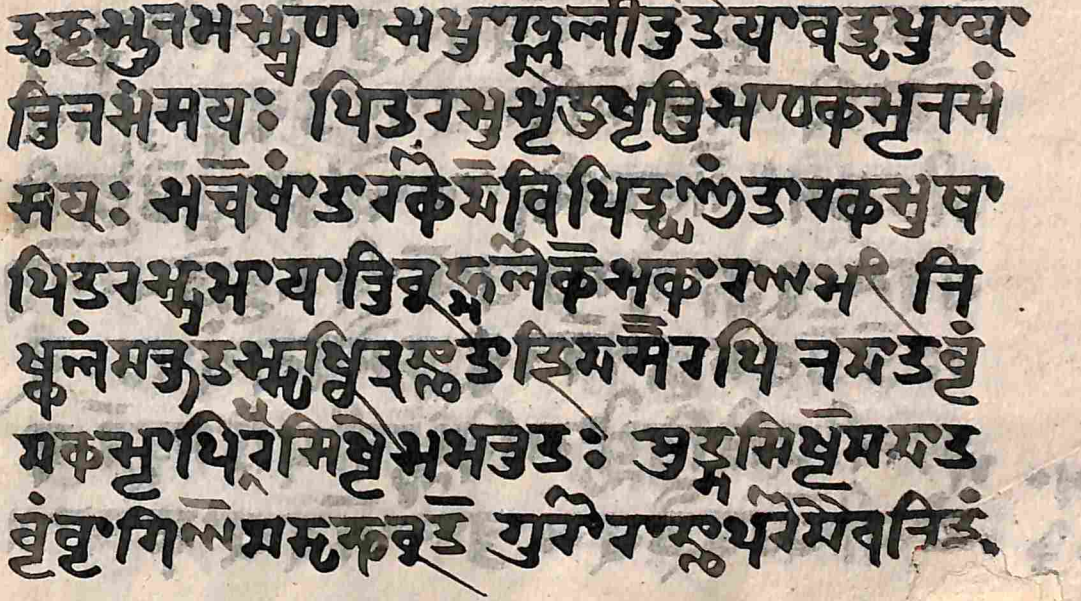

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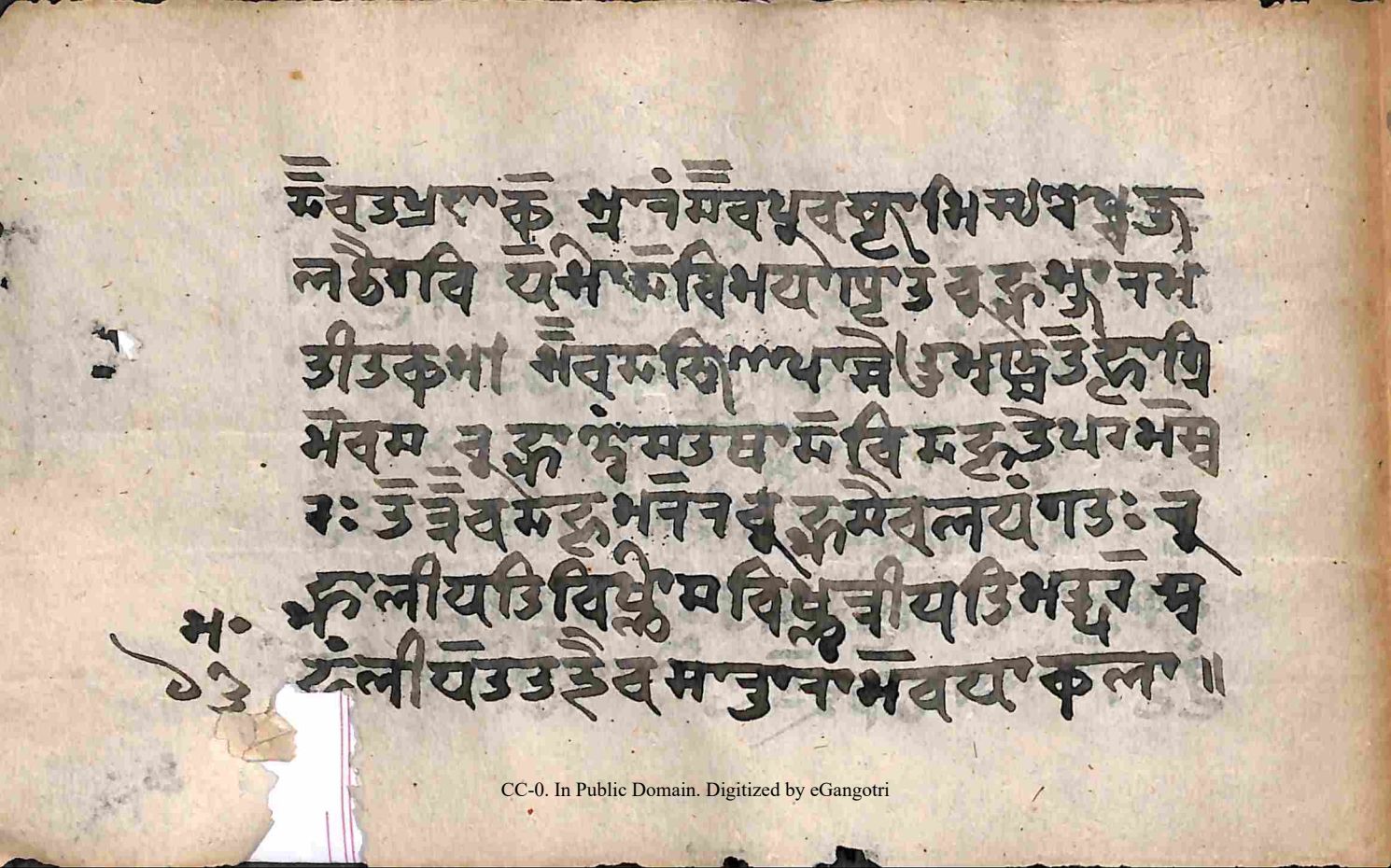

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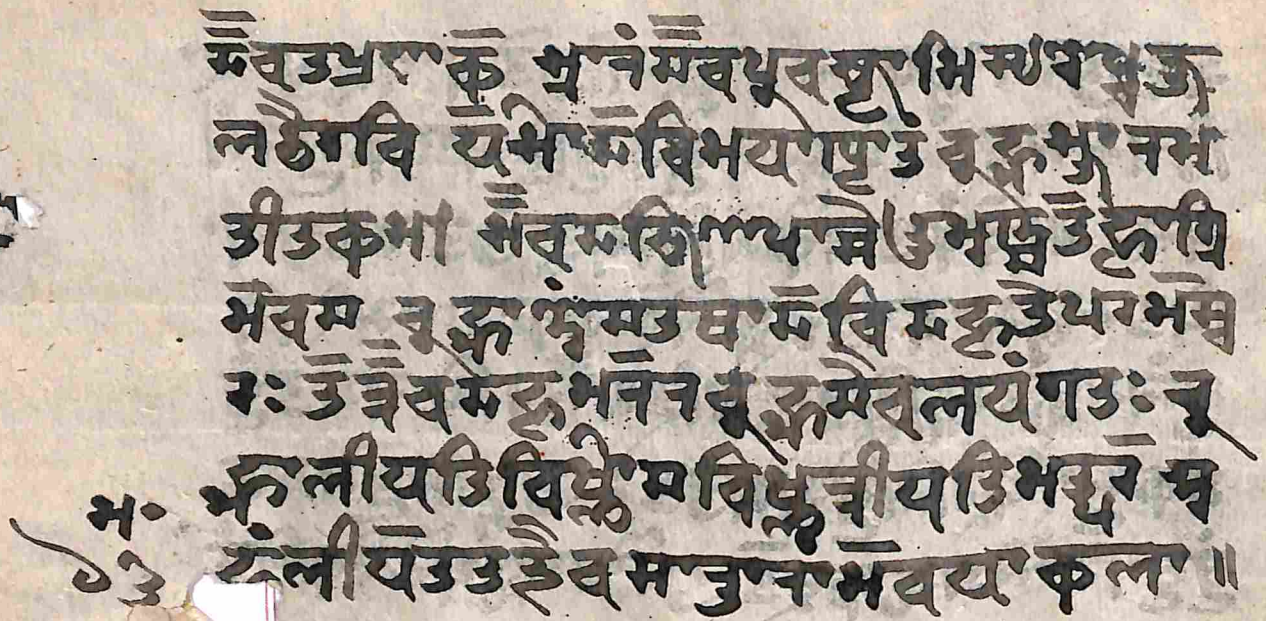

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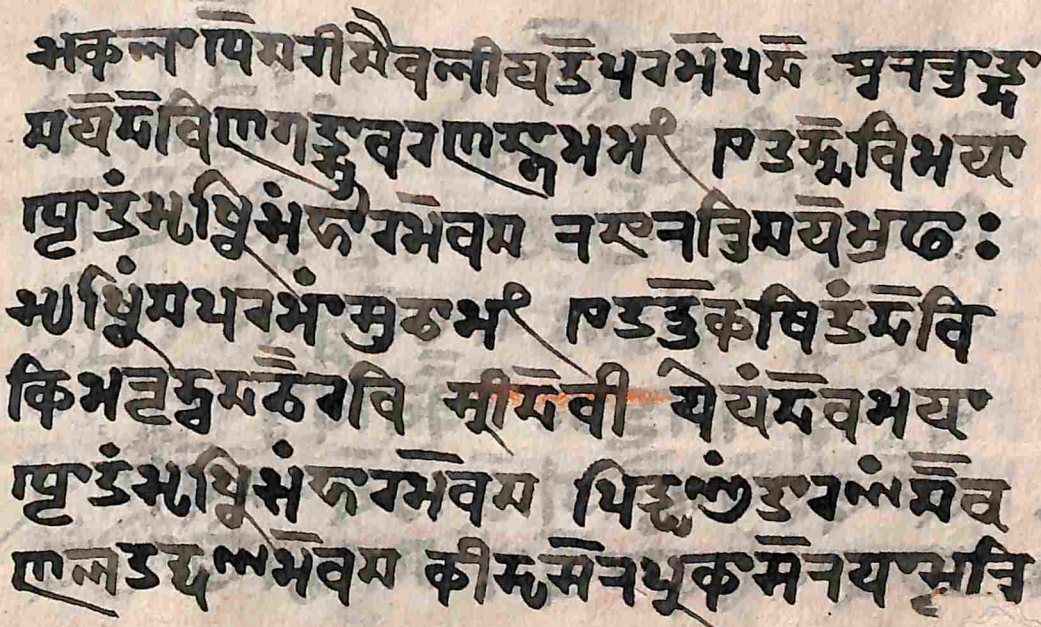

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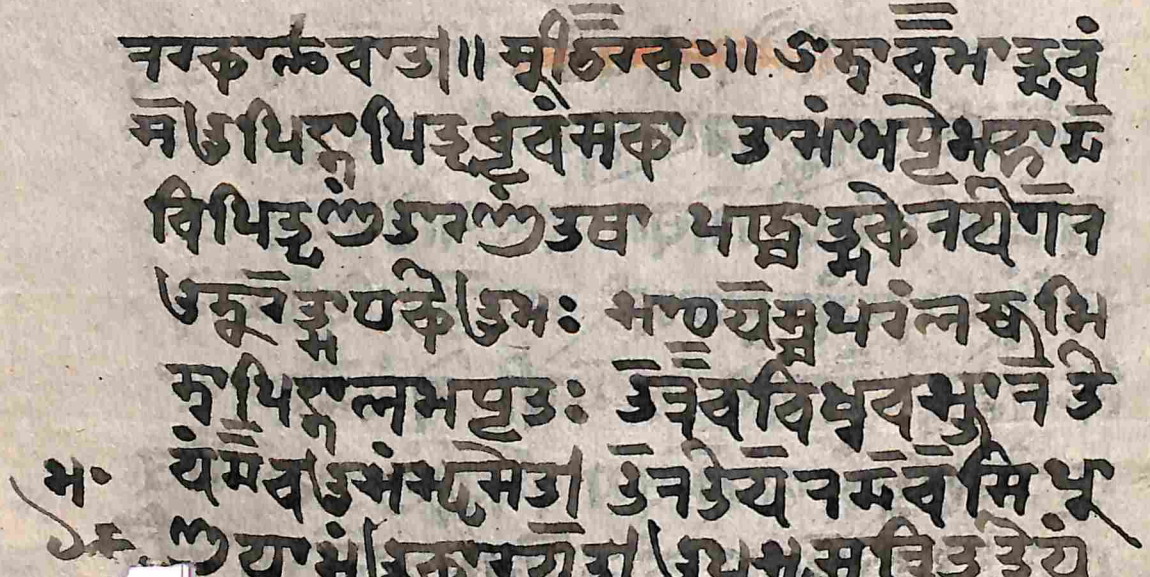

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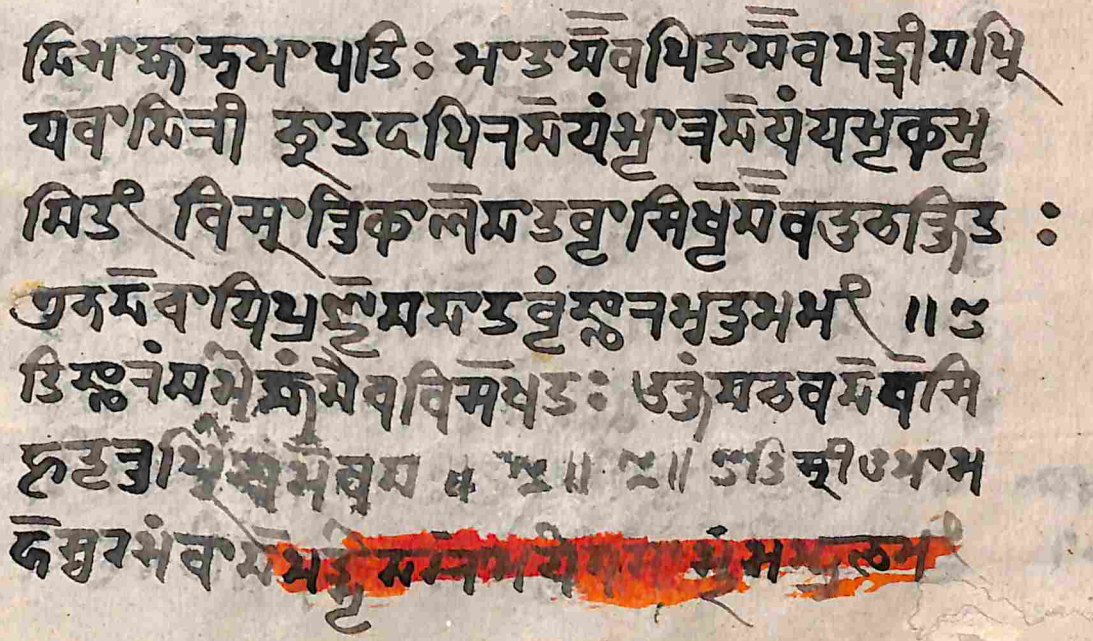

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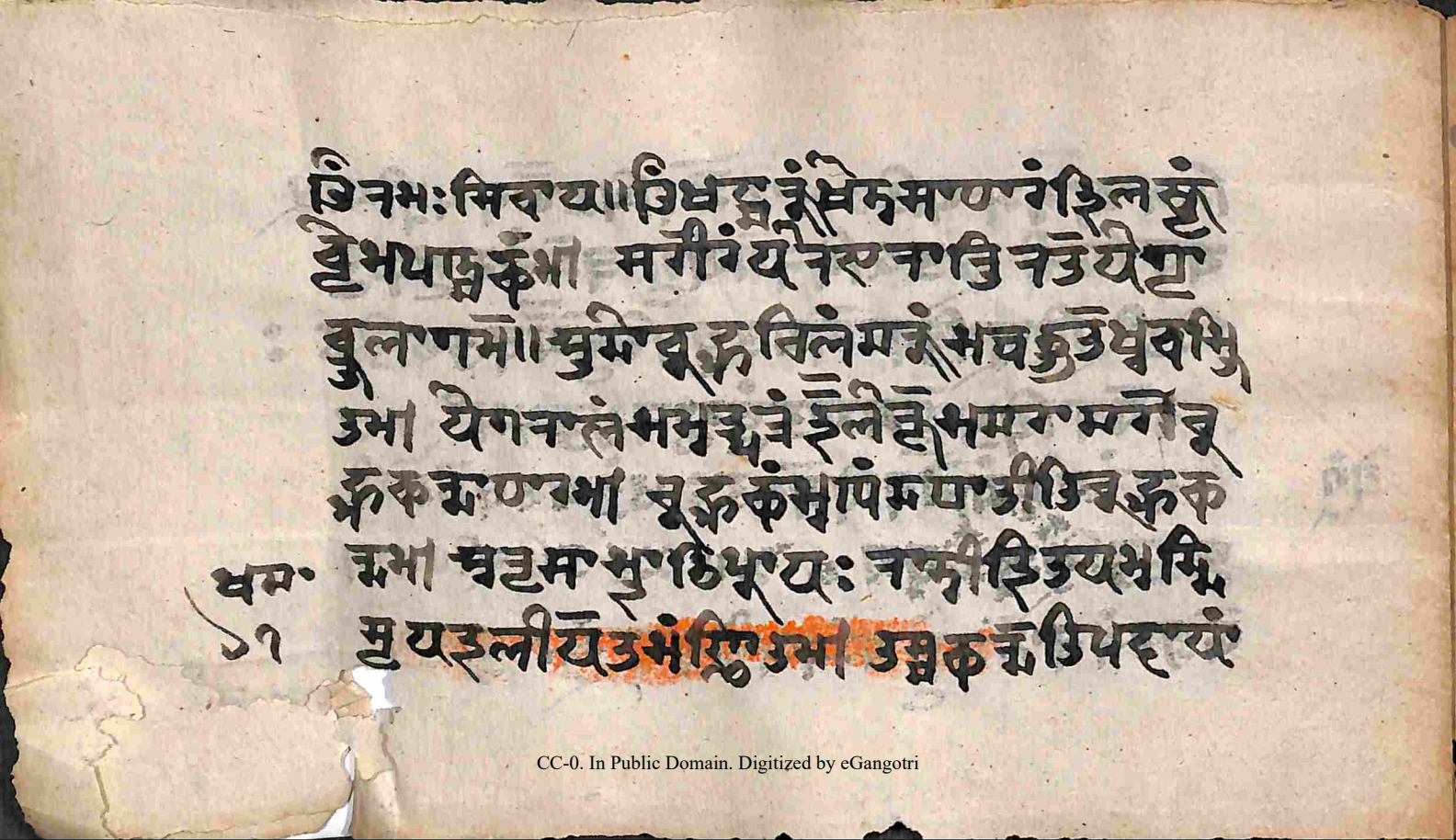

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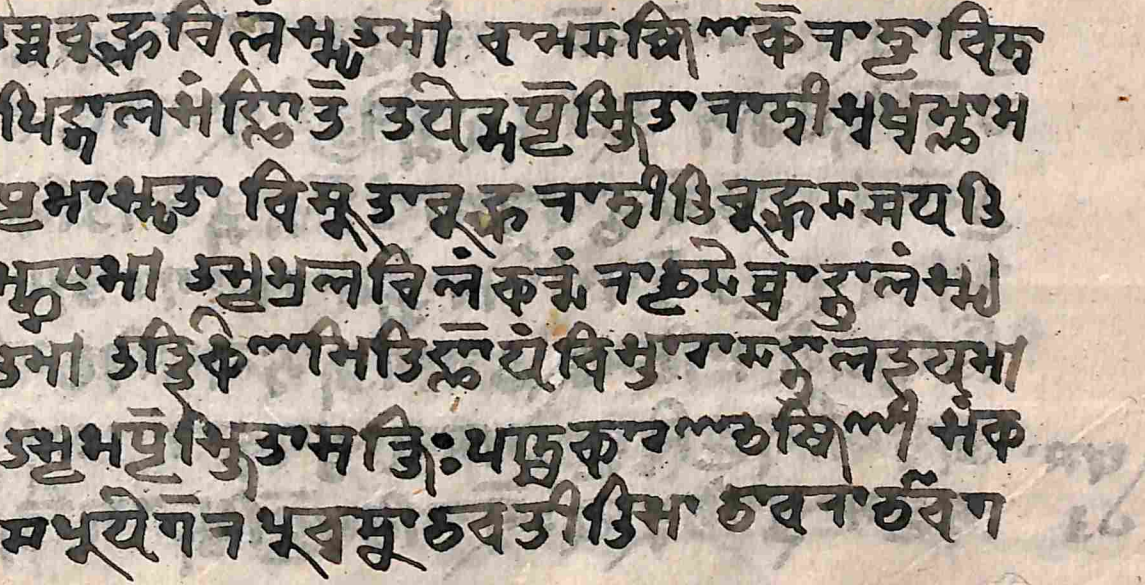

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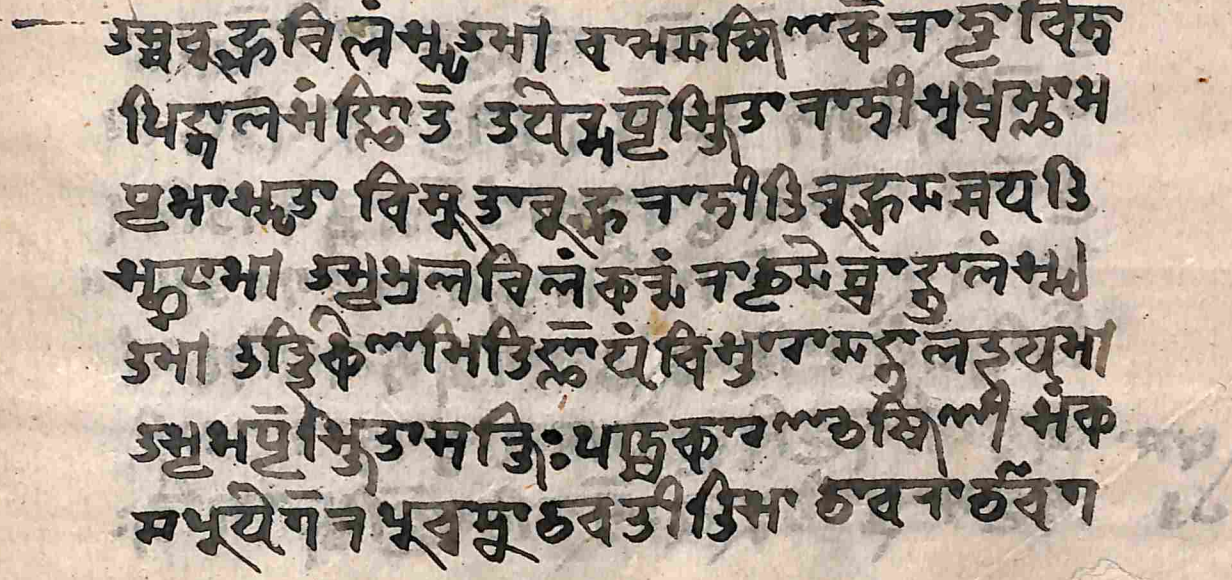

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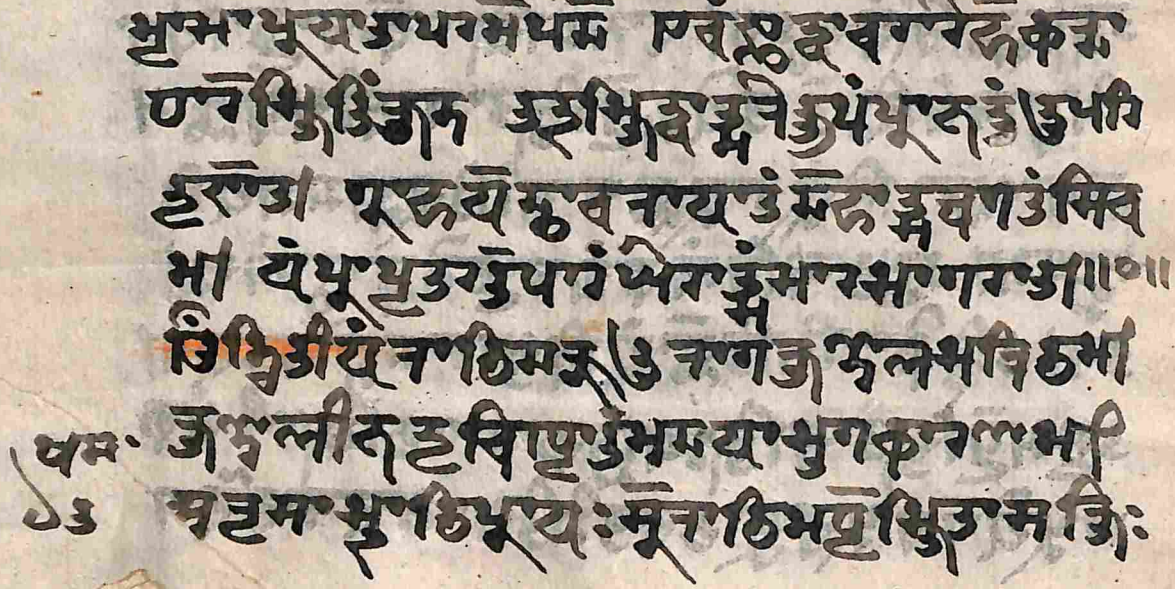

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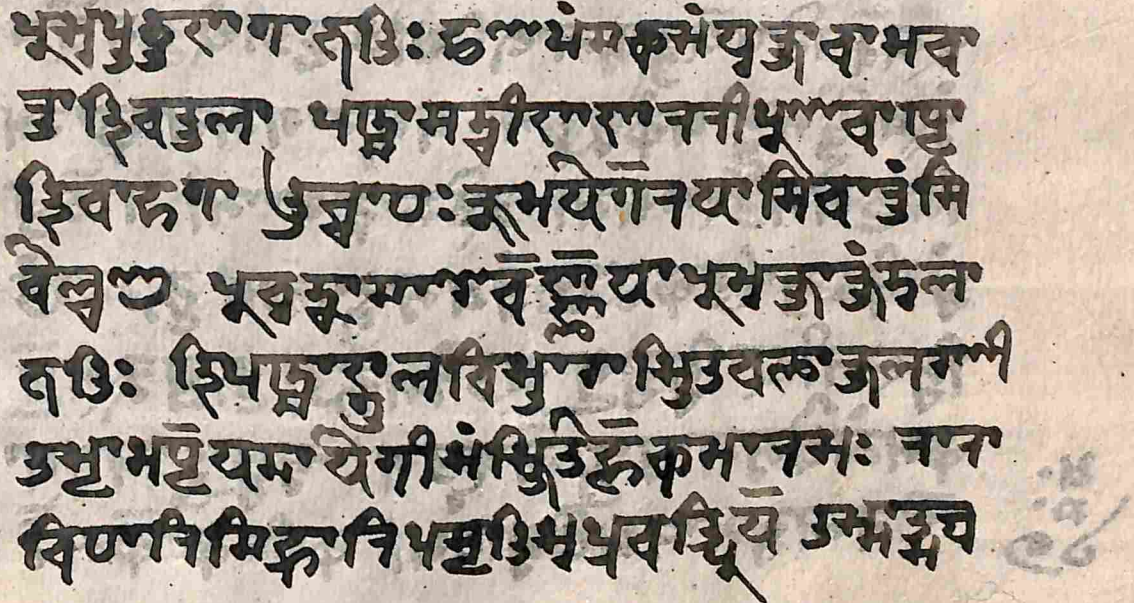

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ਪ੍ਰਯੱਤ੍ਨੇਨਵਿਨਯੇਕ੍ਰਿਯਾਸ੍ਤਿਸ੍ਰੋਪ੍ਯਤੀਯੇਨ੍ਤਰ੍ਯਮ
ਨ੍ਤਰ੍ਯਸ੍ਤਿਸ੍ਰਸ੍ਤਥੈਕਮੁਤ੍ਤਰਾ ਪਸ੍ਮਾਗਮਸ੍ਤਾਕਨਾਮ
ਸਿਤੁਮੇਸਤੁਰਨਾਮਸ੍ਤਾ ਤਤ੍ਤੋਮਨ੍ਤ੍ਰਾਸ੍ਤਾ ਚਾਨ੍ਤਯੁ
ਤ੍ਤੇਵਿਤਸੁ ਪ੍ਰਕਮੁਸ੍ਤਰਤ੍ਤੇਧਨਮੁਨ੍ਤਲਾ ਨ੍ਤਰ੍ਯਤੇ
ਤ੍ਰਿਦਾਨੀਯਾ ਤ੍ਰਿਸ੍ਤ੍ਰਸ੍ਤ੍ਰਯਤਤੇਮਨ੍ਤ੍ਰਾ ਨ੍ਤਸ੍ਤ੍ਰ ਨ੍ਮਸ੍ਤੁ
ਕਮਲੇਧੇਸ੍ਮਾਕਮੁਲੈਵ੍ਤਮਾ ਧਸ੍ਤੁਨ੍ਤਲਧ੍ਰਮ
ਲ੍ਤਾ ਲਸ੍ਤਮਾਤਮਠੇਸ੍ਤਾਧਮਾ ਕਲ੍ਕਿਕਾਕੇਸਤੈ

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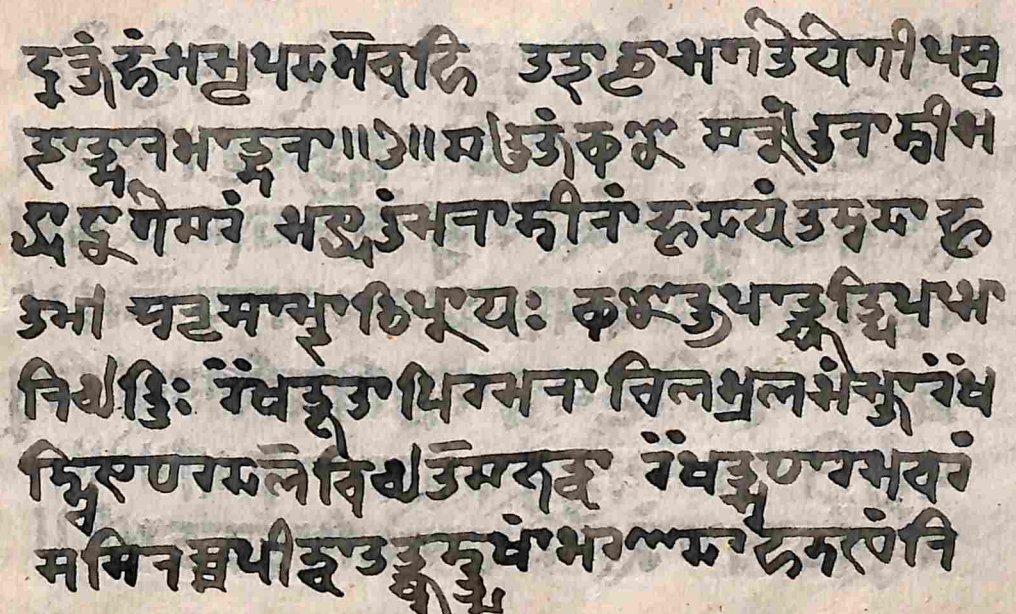

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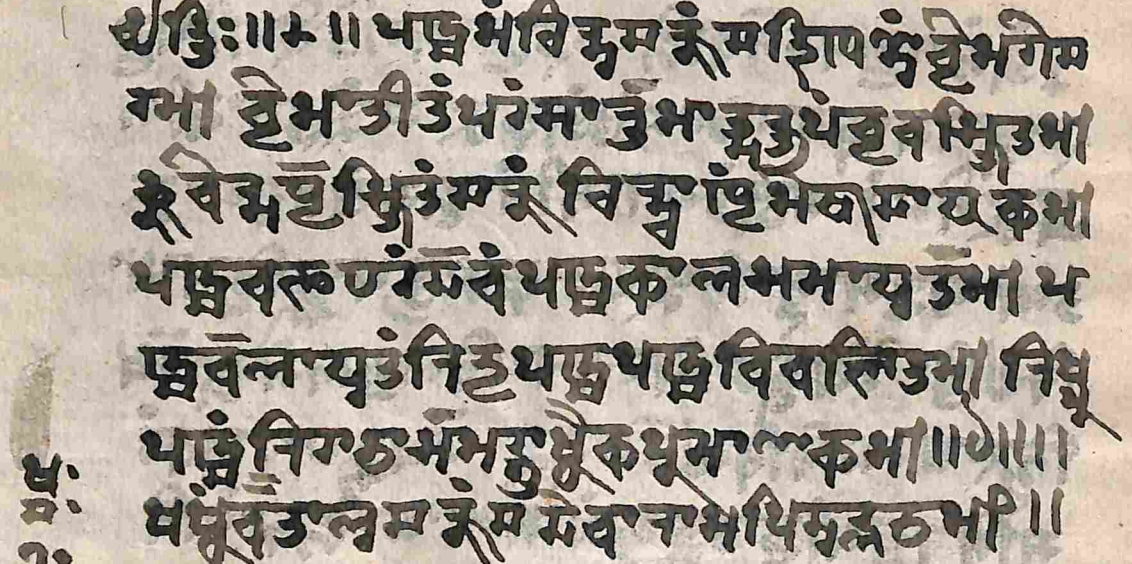

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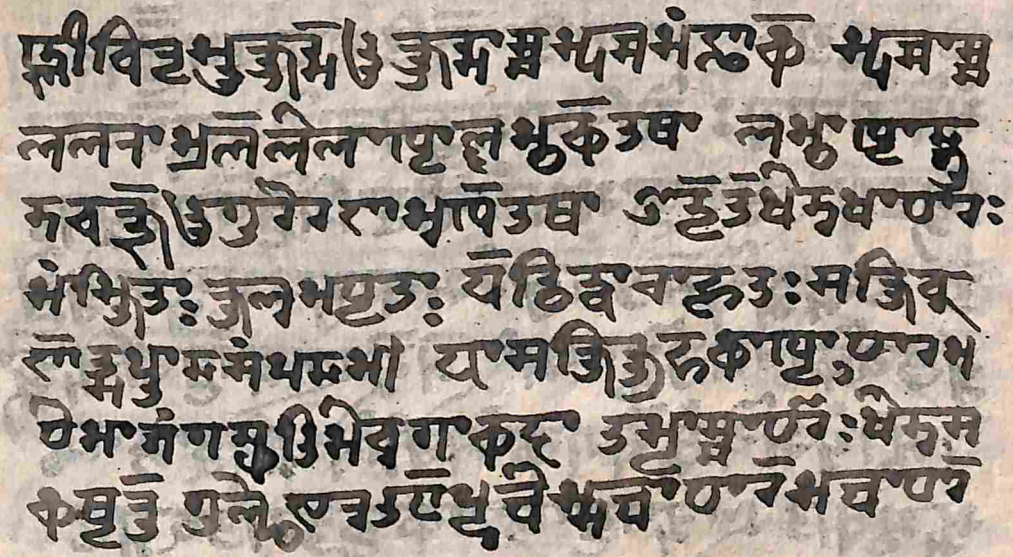

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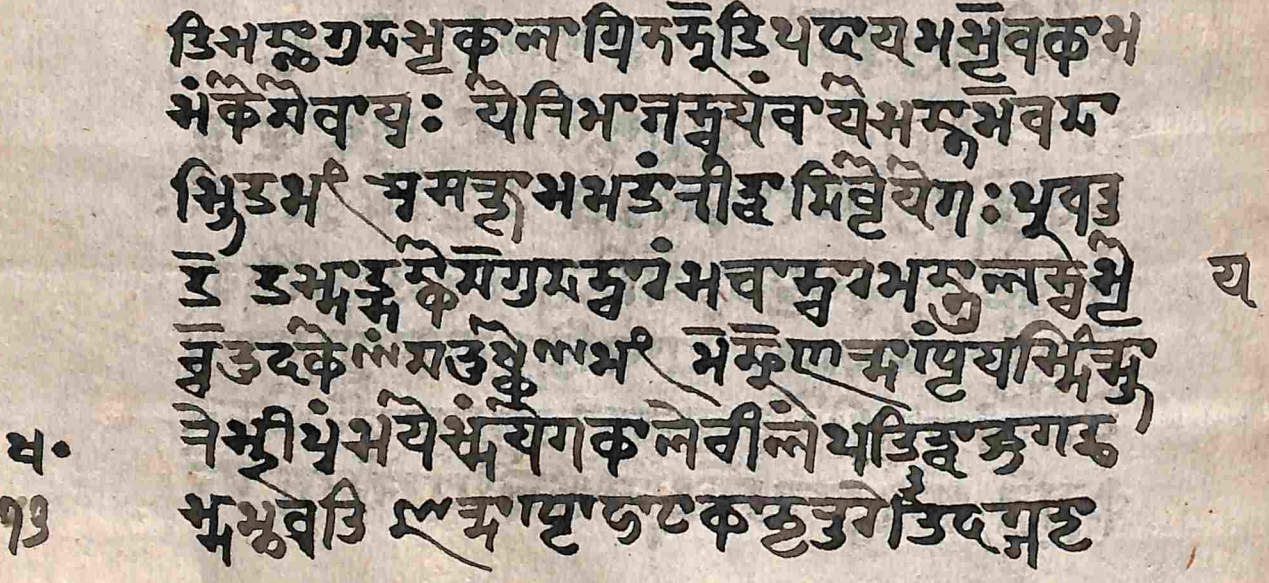

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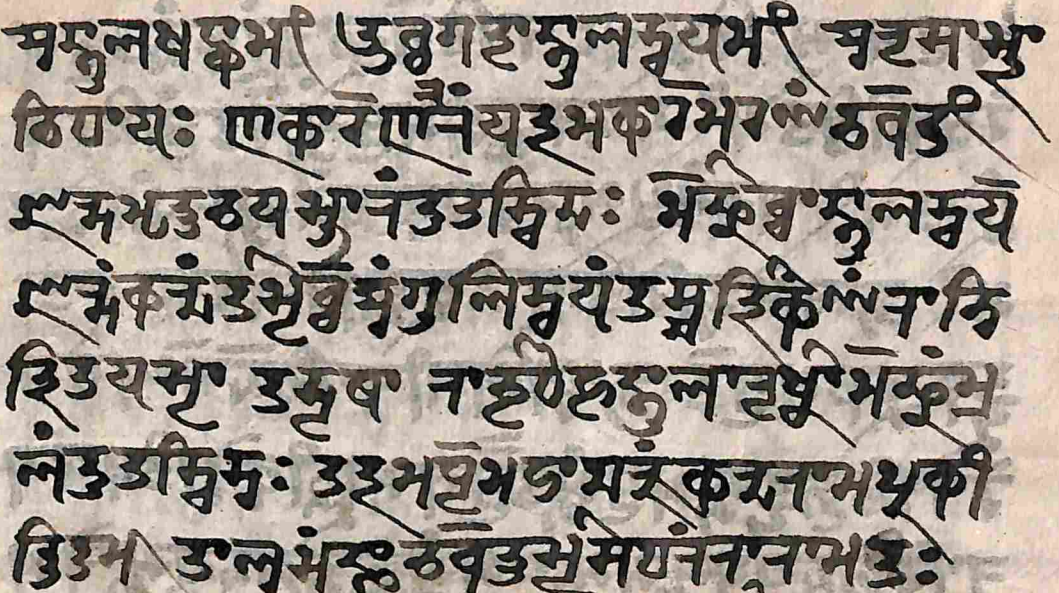

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चन्द्रमाभृङ्गिपूज्यः नाडिभेरुरंकमंडलुण
डंपुकीडितभैरवमजनाङ्कमभृङ्गीडट्टंमिडुव
लितभैरवधनसंधुभृङ्गमकनमंभृङ्गभंगिलित
भैरवजलविमृगिडाषूडंवृक्षविलंडवाण्ड
डुकडुकभसूडे ङ्गलिनीनाडिभेरवेलम
रेनाडिडुडुभभृङ्गीडसैवभाडुवेडाडियदयः
नाडिडुयधडुभभृङ्गीडडुयभृङ्गेभ

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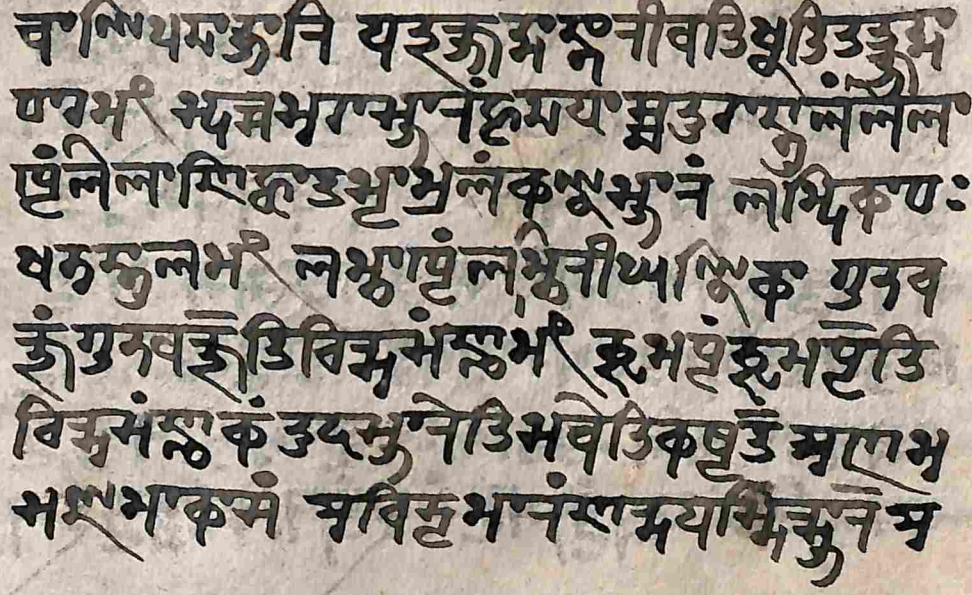

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